

WORKSITE WELLNESS IN THE MISSISSIPPI DELTA



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Mississippi
State
Department
of Health

Special
Projects
Officer IV

5/25/2010

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PARTNERSHIP



- Delta Citizens Alliance of Greenville, MS
- Mississippi Delta Health Collaborative Initiative
- Mississippi State Department of Health

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GOALS OF PARTNERSHIP

- To develop and implement sustainable and creative community-based chronic disease prevention programs
- Evidenced-based prevention programs are created and designed specifically for worksites and organizations of the Mississippi Delta Region
- Project implementation targeted five counties: Bolivar, Coahoma, Leflore, Sunflower, and Washington
- Year 2 of project will expand into Humphreys, Tallahatchie, and Quitman Counties

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COUNTY WIDE WELLNESS COUNCILS

- Countywide Employee Health and Wellness Councils were organized in Bolivar, Coahoma, Leflore, Sunflower, and Washington.
 - Targeted membership recruited for each council includes:
 - Private Employers
 - Chamber of Commerce
 - Local Economic Development Organizations
 - Union Representatives
 - Municipalities
 - County and Local School Districts
 - Faith Based and Community Based Organizations
 - Healthcare Organizations

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43 EMPLOYERS IN 5 COUNTIES

- Evidenced-based activities worksite wellness behaviors include:
 - Starting a new wellness program (includes a worksite wellness committee)
- Worksite wellness activities include:
 - Health education
 - Subsidized use of fitness facilities
 - Policies that promote healthy behavior (i.e. smoke-free campus, offer healthy choices in cafeterias or vending machines, and mandatory health screenings)
 - Employee/family assistance programs

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CREATING A HEALTHY WORKSITE AWARD APPLICATION

- Goal of this grant funding opportunity was to identify and provide monetary support to worksite wellness programs addressing the reduction of hypertension in the workplace
- Application requirements:
 - Each organization must reside in the targeted county area
 - Action plans must be policy and environmental changes that support healthier lifestyles and decrease risk factors for heart and chronic diseases
 - Organizations if funded, must continue to participate on the Employee Health and Wellness Council representing their county
 - Action plans were eligible up to \$2,000 for award funding

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2010 WORKSITE WELLNESS GRANT RECIPIENTS/PROJECT GOALS

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COAHOMA COUNTY

- Aaron E. Henry Community Health Services Center
 - "Getting Up to Get Down"
 - Program will focus on physical activity and wellness in the workplace
 - Stress management sessions
 - Encourage healthy eating habits and nutrition cooking classes
- Region I Mental Health Center
 - "Get Healthy Region I"
 - Allow employees to ride bikes on campus grounds as an alternative to walking
 - Other structured physical activities
 - Educational activities
 - Health screenings
- Isle of Capri Casino
 - Use resources of company wellness clinic to educate employees on healthy lifestyle/behavior modification
 - Provide more scheduled Blood Pressure Screenings
 - Funding will allow clinic to perform more lab screens/tests

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SUNFLOWER COUNTY

- Sunflower-Humphreys County Progress, Inc.
 - Implement policies/access for physical activity before, during, and after work hours
 - Organize evidenced-based walking groups, offer subsidized fitness memberships, or utilize the Wii-Fitness Program
- North Sunflower Medical Center
 - Organize employee walking groups throughout the work day
 - Goal is to prepare hospital staff for sponsored 5K in the fall
 - Offer a series of monthly health and wellness lunch and learns

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WASHINGTON COUNTY

- South Delta Regional Housing Authority
 - "HABIT-Health Achievement by Breaking Individual Traditions"
 - Program addresses overall healthy lifestyle behavior modification
 - Onsite exercise/fitness programs
 - Monthly health education programs
 - Regularly scheduled health screens
- City of Greenville
 - Requested funding to replace and increase the availability of exercise equipment in onsite wellness area
- Delta Regional Medical Center
 - Currently provide fitness rooms in each of the three worksites
 - Requested funding to offer Wii-Fitness programs in each of the sites

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LEFLORE & BOLIVAR COUNTY

Leflore County
■ Viking Range
Corporation

Bolivar County
■ Quality Steel
Corporation

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NANCY THARP
HEALTH & SAFETY MANAGER



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TREDECKER JOHNSON,
PERSONNEL/OPERATIONS MANAGER



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